

What is claimed is:

1. An oil or fat composition comprising 80 wt. % or more of fat, comprising a synthetic fat having caloric value of less than 6 Kcal/g and 0.1 to 20 wt. % of an edible solidifying agent, dissolved or dispersed in the fat or oil.
2. The oil or fat composition as claimed in claim 1, in which the synthetic fat is selected from the group consisting of monoacylglycerol, diacylglycerol, triacylglycerol and sucrose ester, or mixtures thereof at any ratio.
3. The composition of claim 1, wherein the synthetic fat comprises at least 15% by weight of the total fat.
4. The composition of claim 1, wherein the synthetic fat comprises at least 50% by weight of the total fat.
5. The composition of claim 1, wherein the synthetic fat comprises at least 80% by weight of the total fat.
6. The oil or fat composition as claimed in claim 1, in which the fatty acids comprised by the synthetic fat include 50 wt. % or more of unsaturated fatty acids.
7. The composition of claim 1, wherein the solidifying agent is a fatty alcohol, having between 15 and 50 carbon atoms in their hydrocarbon chain
8. The composition of claim 1, wherein the solidifying agent is a member selected from the group consisting of a long chain fatty alcohol, having molecular weight of at least 200 Da.
9. The composition of claim 1, wherein the solidifying agent comprises a fatty alcohol, having between 15 and 50 carbon atoms in their hydrocarbon chain.
10. The composition of claim 1, wherein the solidifying agent comprises a fatty alcohol, selected from cetyl alcohol, stearyl alcohol, arachidyl alcohol, behenyl alcohol (docosanol), octacosanol and 1-triacontanol.
11. The composition of claim 8, wherein the solidifying agent comprises a long chain fatty alcohol, wherein the hydrocarbon chain is branched, containing at least

one alkyl group side chain, selected from a methyl, ethyl, n-propyl, i-propyl, n-butyl, t-butyl, i-butyl, n-pentyl, i-pentyl, t-pentyl, neo-pentyl, or linear or branched hexyl, heptyl, octyl, nonyl, decyl, lauryl, cetyl or stearyl group.

12. The composition of claim 8, wherein the solidifying agent comprises at least one additional hydroxyl group linked to the hydrocarbon chain.

13. The composition of claim 8, wherein the solidifying agent comprises at least one double bond in the hydrocarbon chain.

14. The composition of claim 1, wherein the solidifying agent comprises a long chain fatty acid, having molecular weight of at least 200 Da.

15. The composition of claim 14, wherein the solidifying agent comprises a fatty acid, having between 18 and 50 carbon atoms in their hydrocarbon chain.

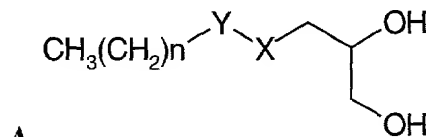
16. The composition of claim 15, wherein the solidifying agent comprises a fatty acid, selected from cetyl alcohol, margaric acid, stearic acid, arachidic acid, behenic acid (docosanoic acid), octacosanoic acid and triacontanoic acid.

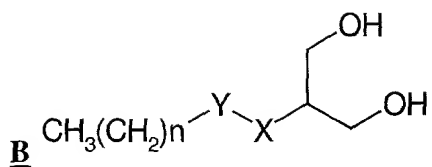
17. The composition of claim 15, wherein the hydrocarbon chain is branched, containing at least one alkyl group side chain.

18. The composition of claim 14, wherein the solidifying agent comprises at least one additional hydroxyl group linked to the hydrocarbon chain.

19. The composition of claim 14, wherein the solidifying agent comprises comprising at least one double bond in the hydrocarbon chain.

20. The composition of claim 1, wherein the solidifying agent is selected from edible di-alcohols, having formula A or B:





wherein, n is an integer ranging from 8 to 48; X is CHR, O, or NH; Y is CHR or C=O; and R is H or alkyl.

- 4            21.    The composition of claim 1, also comprising an anti-lipidemic or anti-cholesteremic therapeutic agent.
- 8            22.    The composition of claim 1, also comprising an anti-lipidemic or anti-cholesteremic therapeutic agent selected from naturally derived or synthetic sterol or stanols (such as alpha.-sitosterol, beta.-sitosterol, stigmasterol, ergosterol, campesterol, .alpha.-sitostanol, .beta.-sitostanol, stigmastanol, campestanol, fatty acid esters thereof and glycosides thereof.), sterol absorption inhibitors, naturally derived or synthetic or HMG CoA-reductase inhibitors (statins), cholesterol transport inhibitors, omega-3 fats, 12 cholesterol-reducing chromium and vanadium salts and complexes and other herbal extracts, which are known in the art to exert blood lipid and cholesterol levels.
- 16           23.    The composition of claim 1, also comprising at least one antioxidant.
- 16           24.    The composition of claim 1, also comprising food additives, selected from (a) savorer such as table salt, sugar, vinegar and seasoning; (b) aroma such as spice and flavor; (c) colorant.
- 20           25.    A food product comprising the oil or fat composition as defined in claim 1.
- 20           26    A blood cholesterol-reducing therapeutic preparation including the oil or fat composition as defined in claim 1.
- 24           27    A method of reducing a blood cholesterol value comprising administering the oil or fat composition as defined in claim 1 to a person.
- 24           28.    The method as claimed in claim 27 wherein the solidifying agent or system is a member selected from the group consisting of at least one fatty acid derivative having

at least 18 carbon atoms in its carbon chain and at least one fatty alcohol having at least 15 carbon atoms in its carbon chain or mixtures thereof at any ratio.

29. The method as claimed in claim 27, wherein the composition also  
4 comprises an anti-lipidemic or anti-cholesteremic therapeutic agent.

30. The method as claimed in claim 27, wherein the composition also  
comprises a therapeutically effective amount of an anti-lipidemic or anti-cholesteremic  
therapeutic agent selected from naturally derived or synthetic sterols or stanols (such as  
8 alpha.-sitosterol, beta.-sitosterol, stigmasterol, ergosterol, campesterol, .alpha.-sitostanol,  
.beta.-sitostanol, stigmastanol, campestanol, fatty acid esters thereof and glycosides  
thereof.), sterol absorption inhibitors, naturally derived or synthetic or HMG CoA-  
reductase inhibitors (statins), cholesterol transport inhibitors, omega-3 fats, cholesterol-  
12 reducing chromium and vanadium salts and complexes and other herbal extracts, which  
are known in the art to exert blood lipid and cholesterol levels.

31. The method as claimed in claim 27, wherein the composition also  
comprises at least one antioxidant.

32. The method as claimed in claim 27, wherein the composition also  
16 comprises food additives, selected from (a) savorer such as table salt, sugar, vinegar and  
seasoning; (b) aroma such as spice and flavor; (c) colorant.

33. An oil or fat-processed food product comprising 3 to 95 wt. % of oil or fat  
20 comprising 50 wt. % or more of a synthetic fat and 0.1 to 20 wt. % of solidifying agent or  
system.

34. The food product as claimed in claim 33, in which the food is a drink, a  
dessert, an ice-cream, a dressing, a topping, a mayonnaise, a flavoring source for grilled  
24 meat, a margarine, a spread, a peanut butter, a frying oil, a baking shortening, potato  
chips, a snack food, a cake, a cookie, a pie, a bread, a chocolate, a bakery mix, a  
processed meat product, a frozen entree or a frozen food.

35. The food product as claimed in claim 33, in which the food is an oil or fat-  
28 processed food product of oil-in-water type or an oil or fat-processed food product of

water-in-oil type.

26. A beverage product comprising 0.2 to 10 wt. % of oil or fat comprising 80 wt. % or more of a synthetic fat and 0.1 to 1 wt. % of solidifying agent or system.

4 37. A table cooking oil comprising an oil or fat composition as defined in claim 1.

38. The oil or fat composition as claimed in claim 1, wherein said oil or fat composition is a frying oil.

8 39. The method as claimed in claim 27, wherein the solidifying agent or system is a member selected from the group consisting of at least one fatty acid derivative having at least 18 carbon atoms in its carbon chain and at least one fatty alcohol having at least 15 carbon atoms in its carbon chain or mixtures thereof at any  
12 ratio.

40. The composition of claim 1, wherein the weight ratio of the synthetic fat to the solidifying agent or system is 10 to 200.

16 41. A therapeutic composition, comprising the composition of claim 1 and a therapeutically acceptable carrier.

42. A method for decreasing blood cholesterol levels, comprising administering to a subject in need thereof, an effective amount of the therapeutic composition of claim 41.

20 43. A method for achieving weight loss, comprising administering to a subject in need thereof, an effective amount of the therapeutic composition of claim 41.

24 44. A method for decreasing blood cholesterol levels, comprising administering to a subject in need thereof, an effective amount of the composition of claim 1.

45. A synergistic therapeutic preparation, comprising 80 wt. % or more of fat, comprising at least 15% synthetic fat, having a caloric value of less than 6 Kcal/g and 0.1 to 20 wt. % of an edible solidifying agent, selected from the group consisting of at least  
28 one fatty acid derivative having at least 18 carbon atoms in its carbon chain and at least

